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ABSTRACT

This unit contains lesson plans designed to teach first aid skills to adults with limited language skills. The lesson plans were developed, using the Laubach literacy method, for a workplace literacy project in Anchorage, Alaska. The lesson plans, which are correlated with the book, "You Can Give First Aid," include conversational skills (dialogue, vocabulary, and structure) related to injuries, choking, poisoning, burns, broken bones, minor wounds, and other problems for which employees should know how to give first aid and call for help. An extensive directory of information on providers of emergency services and other resources is included in the unit. (KC)

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FIRST AID LESSONS

Correlated Conversation for use with
You Can Give First Aid

Student Book

Developed by

Rosemary Carey and Polly Smith

06063072

Conversation Section - You Can Give First Aid
Chapter I: First Steps

Materials Needed: Think and Do Steps handout, ketchup, bandage or napkin or cloth, bottle of something poisonous, medical necklace, bracelet or wallet card.

Dialogue

- A. Rich is hurt. Should we move him?
B. No. Leave him there. Is he breathing?
A. Yes, he is.
B. Good. Is he bleeding?
A. Yes.
B. Stop the bleeding
-

Vocabulary

Is he breathing?
Is he bleeding?
Is he in shock?
Is he conscious?
Is he unconscious?
Is he in danger?
Is he sick?
Is he injured?
Is he too hot?
Is he too cold?

Structure

Call for help.
Check for poisoning.
Check for broken bones
" " other injuries
" " little cuts
" " burns
" " scrapes

Look for a medical necklace
" " a medical bracelet
" " a medical wallet card

- | | |
|---------------------|-----------------------|
| T. Is he breathing? | S. Are you breathing? |
| T. Is he bleeding? | S. Are you bleeding? |

Continue with all the vocabulary

Stay calm
Talk to the victim
Keep on eye on his breathing
Keep the victim warm

Pronunciation

minimal pairs

led	red
lead	read
lip	rip
bleed	breed
breathe	bleed
breathing	bleeding

He is breathing.
He is bleeding.

Teach story as in Skill Book II.

Chapter 2
INFORMATION AND SURVIVAL REFERRAL

EMERGENCY:

FIRE	911	To be used only when
POLICE	911	human life or property
AMBULANCE	911	is in jeopardy.

EMERGENCY - 24-Hour Call:

Alaska Native Medical Center, 3rd & Gamble	279-6661
Humana Hospital, 2801 DeBarr Rd	276-1131
Providence Hospital, 3200 Providence Dr	562-2211
U.S. Air Force Hospital, Elmendorf	552-2748
Dental Emergency	279-9144
A.W.A.I.C. (Abused Women's Aid In Crisis)	272-0100
F.I.S.H. (Emergency Food and Transportation)	277-0818
Intermission - Crisis Nursery	276-8511
Poison Control	261-3193
S.T.A.R. (Rape Crisis Line)	276-7273
State of Alaska Emergency	249-1370
Search and Rescue	552-5375
Sewer Backup/Overflow	564-2762
Suicide Hot Line	276-7232
Youth & Family Crisis Line	276-4357

ALCOHOLISM - DRUG ABUSE:

Alcoholics Anonymous	272-2312
Narcotics Anonymous	277-5483

ANIMALS - PETS:

Animal Control	561-1369
Pet Emergency Clinic (After hours/weekends)	274-5636

CHILDREN - FAMILY:

Day Care Assistance	343-6700
Family Planning	343-4623
Immunization Clinic	343-4734
Well Child Clinic	343-4654
Boys' Club of Alaska	248-2697
Girls' Club of Alaska	248-2697
Boy Scouts of America	337-9547
Girl Scouts of America	248-2250
Camp Fire	279-3551
Big Brother/Sister of Anchorage	278-2621
Crisis Pregnancy Center, 3020 Minnesota Dr	276-4767

CONSUMER CONCERNS & COMPLAINTS:

Consumer Protection	279-0428
Ombudsman (State)	563-3673
Ombudsman (Municipality)	343-4461
Complaints:	
Air Pollution	343-4200
Junk Auto	786-8277
Noise	343-4200
Nuisance (trash, empty refrigerator)	343-4200
Stray Animals	561-1369

CO-OPERATIVE EXTENSION SERVICE	279-5582
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DISABLED SERVICES:

Blind, Nat'l Federation For The	272-0000
Deaf Program TDY Line	563-1992
Handicapped Children's Program	272-1534
Interpreter Referral Line	277-3323
Library for Blind & Physically Handicapped	561-1003
Vocational Rehabilitation	243-5600
	561-4466

EDUCATION:

Anchorage Literacy Project	337-1981
Adult Learning Center	276-6007
Colleges (Schools)	
Alaska Business College	561-1905
Grandview Baptist Church - ESL Classes	276-6027
New UAA	561-1266

EMPLOYMENT:

C.I.N.A. (Natives & Indians)	337-1800
Equal Employment Opportunity Office	563-0679
Job Service Office	264-2631
Job Training Partnership Act (J.T.P.A.)	563-1995
Social Security Administration	271-4015
Unemployment Insurance Office	264-2530
Vocational Rehabilitation	561-4466
Youth Employment Services (Y.E.S.)	264-2634

FOOD:

Catholic Social Services	277-2554
Eligibility For Food Stamps, Cash & Medical Assistance (State)	274-6524
F.I.S.H. (Emergency Food or Transportation)	277-0818
St. Francis House	277-2322
Salvation Army	276-2515

HOUSING:

Alaska State Housing Authority 562-2813

IMMIGRATION & NATURALIZATION:

Customs - Tourist Information 248-3373
Immigration & Naturalization 271-5029
Passports 277-6568

LEGAL:

Alaska Lawyer Referral Service 272-0352
Alaska Youth Advocates 274-6541
Equal Rights Commission 343-4342
Public Defender's Office 279-7541

LIBRARIES:

Chugiak/Eagle River, Eagle River, AK 694-2500
Loussac, 3600 Denali 261-2975
Muldoon, 7731 E. Northern Lights Blvd 337-2223
Samson/Diamond, Diamond Center 349-4629
Scott & Wesley Gerrish, Girdwood, AK 783-2565

LICENSES & PERMITS:

Building Permits 786-8211
Drivers' Licenses (Motor Vehicle) 563-3711
Hunting & Fishing Info 349-4687
Kennel & Dog Licenses 561-1369
License Plates 563-3711
Marriage Licenses 264-0692
Sewer & Water Connection Permits 564-2707

MENTAL HEALTH:

Alaska Mental Health Assoc 563-0880
Counseling & Referral (State) 561-4247

NATIVE SERVICE ORGANIZATIONS:

Alaska Federation of Natives 274-3611
Bureau of Indian Affairs 271-4084
Native Health Service 279-6661

POLICE & STATE TROOPERS:

Anchorage Police - Gen'l Info 786-8500
Parking Tickets 276-7275
State Troopers - Gen'l Info 269-5511

PUBLIC TRANSPORTATION:

People Mover (Bus) 343-6543
Car Pool Information 343-4248

RECREATION:

Local Events Calendar (recorded) 276-3200
Hunting & Fishing Information (recorded) 349-4687
Community Schools & Recreational Programs 343-4366

SENIOR CITIZENS:

Senior Citizens Program 343-6543 Bus Passes
Older Persons Action Group 276-1059
Salvation Army - Senior Citizens Project
 Home Care Service 279-5451
 Home Delivered Meals 279-5451
Senior Transportation Center 276-6060
Social Security 271-4015

TELEPHONE:

Poor Connection - Wrong Number - Long Distance . 211 0 + number called
Directory Assistance 411
Repair Service 611
Directory Assistance - anywhere in State 555-1212
Directory Assistance - out of State . Area Code + 555-1212

VETERANS ADMINISTRATION 271-2222

VOTERS REGISTRATION & INFORMATION:

Voters Registration - State 276-8683
Voters Registration - Municipality 343-4311

WEATHER:

Anchorage & Vicinity (recorded) 936-2525
Motorist & Recreational (recorded) 936-2626
Road Conditions (recorded) 243-7675

A. Are you OK?

Help!

B. Roll the victim on her back.
Check for breathing.
Put your ear near the victim's mouth.
Is she breathing?

A. No.

B. Look at her chest.
Is it moving up and down.

A. No.

B. Put one hand on the victim's forehead.
Push down.
Is the chin pointed up?

A. Yes.

B. Lift the chin carefully.
Put your ear near the victim's mouth
Listen
Is she breathing?

A. No.

B. Look at her chest. Does it move up and down?

A. I don't know.

B. Count to five.

A. She's breathing!

Call 911

VOCABULARY--Parts of the Body

Put your finger on your forehead
belly button
fist
back
ear
mouth
chin
chest
throat
shoulder
neck
hand
ribs

My finger is on my forehead.

Check for breathing.
drowning
poisoning
electric shock
a pulse
a bulge on the throat.

STRUCTURE FOCUS

A person's breathing may stop because of drowning
poisoning
heart attack
choking
electric shock.

Why does a person's breathing stop?

Breathing stops because of drowning.
etc.

Choke. Are you choking?	I'm choking.
Stand behind her.	
Reach around the victim.	
Make a fist.	
Raise your right hand.	
Count to thirty.	
Open your mouth.	
Take a deep breath.	
Pinch the victim's nose shut.	
Feel for a pulse.	
Slide your fingers across the table.	
Give a gentle breath.	
Blow.	
Seal.	

Put the victim on her back.
Find her belly button.
Put your finger on it.
Tap the victim on her shoulder.
Pinch the victim's nose shut.

Chapter 4

Dialogue

A. Are you choking?

(silence)

B. Make a fist

Push the thumb side of the fist just above your belly button.

Use your other hand to grab your fist.

Pull up and in quickly.

Vocabulary

Choking can cause death.

Choking happens while a person is eating.

The victim will not be able to breathe

" " will not be able to speak

" " will not be able to cough

" " will probably hold her throat

" " " " look afraid

" " " " soon turn blue

" " " " lose consciousness

Structure Focus

Just watch her

Reach around the victim

Pull your fist back and up quickly

Repeat the thrusts

Put one hand on top of the other

Make a fist

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Chapter 5

Dialogue

- A. Help
- B. Is the victim in a safe place?
- A. Yes.
- B. Is she breathing?
- A. Yes.
- B. Is she bleeding?
- A. Yes.
- B. Stop the bleeding.
- A. How?
- B. Press on the wound with a clean cloth.
- A. Where is the wound?
- B. On her wrist.
- A. Keep pressure on the wound and elevate it.
- B. It's still bleeding!
- A. Find the pressure point.
Press hard on the pressure point.

Vocabulary

This is a wound.
The wound is bleeding.
Press on the wound.
This is called direct pressure.
Elevate the arm.
Elevate the leg.
Lift and hold the arm.
Find a pressure point.
Press down on the pressure point.

Chapter 6 Poisoning

Vocabulary

Is the victim in a safe place?

Yes, she is.

Is she breathing?

Yes, she is.

Is she bleeding?

No, she isn't.

Is she poisoned?

I don't know. Here is a bottle of something.

Is she conscious?

Yes, she is.

Give her some milk or warm water.
I will call the doctor.

Hello. Poison control center.

You can find poisons around the home.
Bleach is a poison.
Most cleaning liquids are poisons.
Most cleaning sprays " poisons.
Most cleaning powders " poisons.

Structure Focus

Rat poison kills rats.	Rat poison also kills people.
Insect sprays kill insects.	Insect sprays also kills people.
Rat poison is poisonous to people.	
Insect sprays are poisonous to people.	
Poisons can be eaten.	
Poisons can be breathed in.	
Poisons can get on your skin.	
Poisons can get in your eyes.	
Medicines can be poisonous to people.	
Too much medicine is poisonous.	
The wrong medicine can be poisonous.	
Give him something to drink.	

Chapter 7

Shock

Dialogue

- A. Give first aid for shock.
- B. What should I do? I don't know how she is injured.
- A. She should be on her back.
- B. Okay. She is.
- A. Are there any injuries to the neck, back, hips or legs?
- B. No. I don't think so.
- A. Raise her feet. Take this towel.
- B. OK. What else?
- A. Are her clothes loose?
- B. The collar is tight.
- A. Unbutton it. Cut it if you need to. Do not pull it.
- B. It's okay now.
- A. Is she hot?
- B. No, she's cold.
- A. Cover her with my jacket.
- C. I'm thirsty.
- B. She says she's thirsty.
- A. We will get something to drink later. We don't want her to vomit or choke.
- B. I will watch her. You call for help.

Vocabulary

She is in shock.	She says she is thirsty.
Her skin is damp.	She complains of thirst.
Her skin is pale.	
Her skin is very cold.	

Feel her pulse.
Her pulse is fast.
Her pulse is weak.
Her pulse is uneven.

Her breathing is uneven.

Structure Focus

Put the victim on his back.
" " " flat on his back.
Raise the victim's feet.
" " " head and shoulders.
Turn the victim on his side.

The victim has blood in his mouth.
Turn the victim on his side.
The victim thinks he will vomit.
Turn the victim on his side.

Pronunciation

thirst	thirsty
twist	

victim
vomit

surgery

Chapter 8

Burns

Dialogue

- A. My clothes are on fire!
- B. STOP!
DROP to the floor.
ROLL around on the floor.

Vocabulary

Burns are caused by many things.
Burns are caused by the sun.
hot objects
hot water
steam
some chemicals

Heat burns can be shallow. Heat burns can be either shallow or deep.
" " " " deep.

Structure Focus

Shallow burns are red. Put shallow burns in cold water.
" " may have small blisters.
" " blisters are not broken.
A mild sunburn is a shallow burn. Put shallow burns in cold water.

Deep burns have large blisters.
" " " broken blisters.
" " may be charred.
" " " have white ash.

Never cool deep burns with water.
Never touch a burn.

Do not cool deep burns with water.	Water carries germs.
" " touch burns.	Your hands have germs.
" " put oil on a burn.	The doctor will scrape it off.
" " " butter on a burn.	The doctor will scrape it off.
" " " salt on a burn.	The doctor will scrape it off.

Chemicals cause burns.
Bleach can cause chemical burns.
Lye can cause chemical burns.
Turpentine
Lime
Cement
Some cleaning products

Act quickly.
Wash the chemical away.
Remove clothing stuck to the chemical burn.
Cover the burn.
Get medical help.

Pronunciation

STOP	fan the flames
DROP	cleaning
TOP	chemical
MOP	

Chapter 9

Props: sling, splint, balloon, newspapers, magazine, pillow, cardboard

Dialogue:

- A. My arm hurts.
B. Where does it hurt?
A. Right here. (Touch the spot)
B. OW!!
A. It looks swollen.
B. It looks different. It's not like my other arm.
A. Don't move. I will call for help.

Vocabulary

The arm may swell.

The body part may swell.

" " " " be tender to the touch.

" " " " out of its normal shape.

" " " hurts when moved.

" " " may not hurt when at rest.

Structure Focus

Where is the spot of the break?

" " " joint above the break?

" " " below the break.

Use newspapers

Roll up the newspaper

Use a magazine

Roll up the magazine

Pad the splint

Use a piece of cloth

Use foam rubber

Use a washcloth

Use a towel

Use a sling

Bend the elbow

Do not bend the elbow

Pad between the legs

Pad between the knees and ankles

Pronunciation

limb
splint
him
his
victim
lift

Signs of Cold Exposure

A lot of _____

Speaking slowly or with a _____

Losing _____ of hands

Getting _____

Cold _____ happens when the body cannot keep warm. The body temperature falls below normal. The normal _____ is 98.6 degrees F. Cold _____ happens most often when the outside _____ is between 30 and 50 degrees above zero. People don't think it is cold out and don't dress warmly enough. Cold _____ occurs even in the summer. _____ is also caused by wind or wearing wet clothing in cold _____.

Chapter 11. Minor Wounds and Bites

Vocabulary

A small cut is a minor wound.

A scratch is a minor wound.

Scrapes are minor wound.

Minor wounds are small cuts, scratches, and scrapes.

There is a danger of tetanus (lockjaw)

FIRST AID FOR MINOR WOUNDS

1. Wash your hands with soap and water.

Wash the wound with _____ and _____.

2. Put a _____, dry dressing on the wound.

3. See a doctor when the wound is _____.

An infected _____ is tender, red, warm, and swollen.

FIRST AID FOR ANIMAL BITES

1. Wash the _____ at once. Hold it under running _____.

Wash it with soap and water for five _____.

2. If the bite _____ the skin, see a doctor at once.

FIRST AID FOR TICKS.

1. _____
2. _____
3. _____
4. _____

FIRST AID FOR STINGS

Chapter 12

Eye, Ear and Nose

DIALOGUE

- A. Something is in my eye. It hurts.
B. Don't rub it.
Close your eyes for a few minutes.
A. It's making me cry.
B. Good. Maybe the tears will wash it out.
A. No. Something is still in my eye.
B. Lift your upper eyelid and move it down over the lower lid.
A. Okay. If you say so.
It works! It's gone!

VOCABULARY

Have the victim lie down.
Have the victim sit quietly.
Have the victim lean his head forward.
Have the victim see a doctor

STRUCTURE FOCUS

Have the victim lie down. Lie down.
Have the victim sit quietly. Sit quietly. or Sit still.
(continue with other vocabulary)

Don't let him blow his nose too hard.
Don't let him blow his nose with one nostril shut.
Don't use ear drops unless the doctor tells you.
Don't try to take it out.

PRONUNCIATION

medicine	eye	eyelid	let	ted	head
minutes	nose	nose drops	lid	rub	hard
<i>minutes</i>	nostril	nosebleed	left		hurt
			lower lid		
			upper lid		

Chapter 13

Structure Focus

Turn him.	Do not turn him.
Lift him.	Do not lift him.
Sit up.	Do not tell him to sit up.
Twist his body.	Do not twist his body.
Change his position	Do not try to change his position.
If he is in danger,	move him.
If you cannot get help,	try to signal for help.
If you feel you must get the victim to help.	make sure you are strong enough to help.
If you are asked to help s trained rescuer,	you may move the victim.
If you do have to move a victim,	follow the rules.
If a victim must be lifted,	be sure all parts of the body are supported.
If a victim must be moved,	move him by the shoulders or legs.
If you move him,	you may hurt his back more.
If a bone is broken,	you may tear a nerve.
If you can,	slip a sheet or coat under the victim.
If you must take the victim to medical help,	try to borrow a station wagon or van.